

Swift Creek Wrestling Information

2019

Thank you for your interest in Swift Creek Wrestling. Below is some information about the program. Please keep this sheet for reference and refer any questions to Coach Hanna at hannar2@leonschools.net.

Wrestling Club Dates:

MAY 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	<u>Wrestling Club</u> 4:00-5:00pm Dance Room (704) LHS Open-Mat 5:30-7:00pm LHS Wrestling Rm	8	<u>Wrestling Club</u> 4:00-5:00pm Dance Room (704) LHS Open-Mat 5:30-7:00pm LHS Wrestling Rm	10	11
12	13	<u>Wrestling Club</u> 4:00-5:00pm Dance Room (704) LHS Open-Mat 5:30-7:00pm LHS Wrestling Rm	15	<u>Wrestling Club</u> 4:00-5:00pm Dance Room (704) LHS Open-Mat 5:30-7:00pm LHS Wrestling Rm	17	18
19	20	<u>Wrestling Club</u> 4:00-5:00pm Dance Room (704) LHS Open-Mat 5:30-7:00pm LHS Wrestling Rm	22	<u>Wrestling Club</u> 4:00-5:00pm Dance Room (704) LHS Open-Mat 5:30-7:00pm LHS Wrestling Rm	24	25

- Practices are scheduled for **TUESDAYS** and **THURSDAYS** from **5/7 - 5/23**.
- Practices will run from **4:00pm to 5:00pm**.
- Students **MUST be picked up by 5:15pm** at “car pick-up”.
- Dress: Shorts/Sweats and T-shirt
- Suggested Items: Water Bottle, Wrestling Shoes & Equipment (*not required*)
- Students must have a **current physical** and a completed **activity participation form** on file with Swift Creek in order to participate.

If you are interested in more information about local tournaments or about Lincoln’s Club Wrestling program, contact Coach Crowder at crowderm@leonschools.net.